



**U SPORTS**

**WOMEN'S RUGBY**

**NATIONAL CHAMPIONSHIP**





## 2016 U SPORTS WOMEN'S RUGBY NATIONAL CHAMPIONSHIP

### 2016 ROSTER CONCORDIA STINGERS WOMEN'S RUGBY

#	NAME	POS.	HT.	Y	HOMETOWN	COURSE
1	Emerise Moncion	Prop	5'7"	5	St. Georges, Que.	Art Education
2	Katerina Syragakis	Hooker	5'4"	5	Montreal	Biochemistry
4	Laetitia Royer	Flanker	5'10"	1	Gatineau, Que.	Cert. Arts & Science
5	Jasmine Akkermans	Lock	5'8"	5	Kanata, Ont.	Computational Art
6	Kelsey Martin	Flanker	5'6"	4	Pierrefonds, Que.	Leisure Sciences
7	Mercedes Martino	Flanker	5'6"	3	Vaudreuil-Dorion, Que.	Human Relations
8	Jenna Thompson	No. 8	5'11"	3	Ste. Anne de Bellevue, Que.	Civil Engineering
9	Lia Hoyte	Back	5'3"	2	Gatineau, Que.	Exercise Science
10	Kirsten Trafford	Fly Half	5'6"	1	Arnprior, Ont.	Biology
11	Alexandra Ste Marie	Winger	5'5"	4	Pointe Claire, Que.	Statistics
12	Alexandra Tessier	Centre	5'8"	4	Ste. Clothilde de Horton, Que.	Math and Stats
13	Frédérique Rajotte	Centre	5'5"	4	Markham, Ont.	Communications
14	Emily Hickson	Fullback	5'10"	4	Ottawa	Exercise Science
15	Kaylie Stuckey	Fly Half	5'5"	3	St. Chrysostome, Que.	International Business
16	Melissa Wood	Hooker	5'6"	4	Kirkland, Que.	Civil Engineering
17	Sabre Lee	Lock	5'9"	5	Collingwood, Ont.	Art History
18	Danielle Leonard	Lock	5'8"	5	Napanee, Ont.	Accounting
19	Brianna Tiberi	Prop	5'5"	3	Baie d'Urfé, Que.	Psychology
20	Victoria McCann	Flanker	5'5"	1	Montreal	Human Relations
21	Kyla Demers	Flanker	5'4"	4	Brownsburg, Que.	Masters, Exercise Science
22	Laura Read	Scrum Half	5'3"	4	Kirkland, Que.	Management
23	Emilie Belanger	Hooker	5'5"	3	St. Isidore de Beauce, Que.	Child Studies
24	Sandra Hudson	Back	5'5"	5	Ottawa	Human Resources
25	Kaitlyn Olynick	Back	5'4"	3	St. Colomban, Que.	Leisure Sciences
26	Tara Chevrier	Back	5'7"	4	St. Lazare, Que.	Therapeutic Recreation

Head Coach: **Graeme McGravie**

Backs Coach: **Melany Waring**

Forwards Coach: **Hughanna Gaw**

Attack Coach: **François Ratier**

Certified Athletic Therapist: **Allyssa Analytis**

Student Therapists: **Jessie Brochu-Blais, Ben Prevost**



## 2016 U SPORTS WOMEN'S RUGBY NATIONAL CHAMPIONSHIP

### QUICK FACTS CONCORDIA STINGERS WOMEN'S RUGBY

---

Head coach: **Graeme McGravie (12th year), 94-41-1 career record**

Overall record: **6-3**

Regular season record: **5-2**

Regular season standing: **3rd place in RSEQ**

Playoff record: **1-1**

Playoff finish: **RSEQ finalists with 29-19 loss to Ottawa in championship (Oct. 28)**

CIS national appearances: **8 – 1998, 1999, 2007, 2009, 2010, 2012, 2015 and 2016**

CIS results: **1998 - 4th place  
1999 - 6th place  
2007 - 5th place  
2009 - 4th place  
2010 - 2nd place (lost gold medal game 17-12 in OT to St. FX)  
2012 - 4th place  
2015 - 4th place**

CIS championship sequence: **6th appearance in 10 years, 3rd straight appearance**

Conference all-stars: **Frédérique Rajotte – inside centre  
Alex Tessier – outside centre  
Jenna Thompson – No. 8**

National team athletes: **Frédérique Rajotte – inside centre  
Alex Tessier – outside centre**





## 2016 U SPORTS WOMEN'S RUGBY NATIONAL CHAMPIONSHIP

### HEAD COACH GRAEME McGRAVIE

**Graeme McGravie took over as head coach of the Concordia Stingers women's rugby team in 2005 after three seasons as head coach of the men's squad. McGravie is a fully-certified Level 3 coach with a wealth of experience at all coaching levels.**

McGravie has enjoyed great success at the university level, being named RSEQ Women's Rugby Coach of the Year in 2007, 2010 and 2013. He earned the same honour at the CIS level in 2007 and 2010.

He has brought the Stingers to the women's playoffs for 12 consecutive seasons. Concordia played in the Quebec conference championship in each of the last 10 seasons, winning in 2007, 2009, 2010 and 2012.

The veteran coach has been involved in coaching provincial teams as head coach of the Quebec men's entry at the Canada Summer Games in 1997 and as an assistant coach with the 2001 team. He was at the helm of the Montreal Menace, which represented Quebec in the Canadian Rugby Super League from 2000 to 2002. In the summer he is head coach of the Beaconsfield Rugby Club's senior women's team.

McGravie also has a lot of experience working with student-athletes. He served as head coach of the Dawson College men's rugby team from 1997 to 2001 and held various high school coaching positions in the west end of Montreal — at both public and private schools — between 1987 and 1997.

"I know the game of rugby well and I'm prepared for whatever the game has to offer," says McGravie. "My biggest job is to get the team physically and mentally

prepared. There are a lot of young athletes making the jump to university rugby, and it's a big jump. But the 18- to 23-year-old athletes are the ones you can have the most fun with. They are very focused."

His career record with Concordia women's rugby is 94-41-1.

McGravie is an employee of Concordia University, working as a manager of Residence Life. He graduated from McGill University with a bachelor degree in Social Work.

#### 2016 Rugby Season

The Concordia Stingers head into the U Sports university women's rugby championship with a 5-2 win-loss record in regular season conference play. McGravie's team outscored its opponents 369-96. The Stingers have been ranked in the U Sports Top 10 all season, peaking at No. 7.

**Overall record:** 6-3

**RSEQ record:** 5-2

**Playoff record:** 1-1

**The team produced:** 3 RSEQ all-stars





## 2016 U SPORTS WOMEN'S RUGBY NATIONAL CHAMPIONSHIP

### PROGRAM OVERVIEW/SEASON REVIEW CONCORDIA STINGERS WOMEN'S RUGBY



**In 2005, head coach Graeme McGravie inherited a rugby program that was spinning its wheels and had just come off a 3-5 season. Concordia had higher aspirations for its women's rugby team as did McGravie. The goal was to build it into an elite, nationally respected program. In each of his 12 seasons as coach, McGravie has moved the program forward.**

He has brought his Stingers to the playoffs for 12 consecutive seasons. Concordia played in the Quebec conference championship in each of the last 10 seasons, winning in 2007, 2009, 2010 and 2012.

In 2016, the Stingers finished with a 5-2 win-loss record in the RSEQ regular season and a 6-3 record overall, including play-offs.

The campaign started off with an unexpected 45-26 loss to the Laval Rouge et Or in the season-opener. It was costly. Right away a playoff spot and home-field advantage in the post-season were in question.

"We didn't play very well versus Laval," said McGravie. "François Ratier, the attack coach, wanted us to try and play a more open game. I think that was a big adjustment for us. It took us some time to find our stride."

The next two games Concordia made progress. There was an 85-0 win over the Sherbrooke Vert & Or and a 102-3 victory over the Bishop's Gaiters.

McGravie felt the Stingers came into their own in the fourth game of the regular season.

"I think we hit stride the week of our game against the Ottawa Gee-Gees," he said. "Even though we lost 20-17, we knew that we turned the corner."

Concordia rolled through the second half of the season picking up wins over Carleton, Montreal and McGill. The 5-2 record was good enough for third place and a spot in the RSEQ semifinals. The Stingers would get another shot at Laval, albeit on the road. This time they delivered a 31-24 victory, knocking the No. 6-ranked Rouge et Or out of post-season play.

Concordia went on to battle the No. 3-ranked Gee-Gees in the RSEQ championship on Oct. 28 losing 29-19. The Stingers arrive at the nationals in Victoria as the fifth seed and RSEQ finalists.

"We're a hard-working pack," said McGravie. "Our strength is that we work hard as a team. We have collective strength. We're an all-inclusive, tight-knit group. We do a lot of things together as a team. It's not surprising since we have so many veteran players who have been together a long time."

"We are a veteran team. I have 10 graduating players so there's been a sense of urgency right from the start of the season."

"The team that wins nationals will be the one that is most physical, most consistent and adapts to the week," he added. "The biggest adjustment for most teams will be playing on grass."





## 2016 U SPORTS WOMEN'S RUGBY NATIONAL CHAMPIONSHIP

### FEATURED PLAYERS CONCORDIA STINGERS WOMEN'S RUGBY



**Alex Tessier**  
Inside centre  
4rd Year  
Ste. Clothilde de Horton, Que.  
Math and Stats

Alex Tessier, a fourth-year inside centre, scored two tries and connected for three converts for a total 16 points in seven games in the RSEQ regular season. She was named a conference all-star for her efforts.

Head coach Graeme McGravie describes her as combative and electric.

"She can carry a game by herself," he adds. "And I don't think there are many people in the Quebec league or in the country that can do that. Defensively she is a rock. Alex is a leader. People look to her to be the game-breaker for us."

In 2015 and 2014, she was a CIS all-Canadian and an RSEQ all-star. She was also the Quebec conference MVP in 2014. In 2013, she was the RSEQ rookie of the year.

At the nationals in 2015, Tessier was named to the tournament all-star team.

Tessier also represents Canada in international competitions. She is one of 27 players named to the Canadian women's senior tour of England and Ireland later this month.



**Frédérique Rajotte**  
Outside centre  
4th Year  
Markham, Ont.  
Communications

Frédérique Rajotte, a fourth-year outside centre, was a dominant force game in and game out. She scored 11 tries in seven games for 55 points in the RSEQ.

"She's fast and she's shifty," said Stinger head coach Graeme McGravie. "She has great all-round skills for her position. She's a smart player. She leads with her play. The way she sees the game, her vision, she's head and shoulders above other players."

Rajotte is respected as a quiet leader that the team relies on to move them forward and to score.

In 2015, she was named a CIS all-Canadian, the RSEQ MVP and a Quebec conference all-star.

Rajotte also represents Canada in international competitions. She is one of 27 players named to the Canadian women's senior tour of England and Ireland later this month.



## 2016 U SPORTS WOMEN'S RUGBY NATIONAL CHAMPIONSHIP

### SEASON RESULTS CONCORDIA STINGERS WOMEN'S RUGBY

---

#### REGULAR SEASON

	DATE	OPPONENT	RESULT
	Sept. 5	vs. Laval	Loss 45-26
	Sept. 8	vs. Sherbrooke	Win 85-0
	Sept. 16	@ Bishop's	Win 102-3
	Sept. 25	vs. Ottawa	Loss 20-17
	Oct. 2	@ Carleton	Win 29-8
	Oct. 7	@ Montréal	Win 42-15
	Oct. 16	vs. McGill	Win 68-5

#### PLAYOFFS

	DATE	OPPONENT	RESULT
Semifinal	Oct. 22	@ Laval	Win 31-24
Final	Oct. 28	@ Ottawa	Loss 29-19





## 2016 U SPORTS WOMEN'S RUGBY NATIONAL CHAMPIONSHIP

### SEASON RESULTS CONCORDIA STINGERS WOMEN'S RUGBY

#### RSEQ REGULAR SEASON

		<b>GP</b>	<b>W</b>	<b>L</b>	<b>T</b>	<b>PF</b>	<b>PA</b>	<b>Pts</b>
1	Ottawa	7	7	0	0	311	68	14
2	Laval	7	6	1	0	398	63	12
3	Concordia	7	5	2	0	369	96	10
4	Montréal	7	3	3	1	209	127	7
5	Carleton	7	3	3	1	176	173	7
6	Sherbrooke	7	2	5	0	84	311	4
7	McGill	7	1	6	0	77	295	2
8	Bishop's	7	0	7	0	35	526	0